

# YOUTH, TEEN & TOT PROGRAMS

## HEALTHY HANDS

# Cooking Classes

BY YUMMY FUTURE, INC.

**REGISTRATION DEADLINE FOR THESE CLASSES ARE:**

9/29 (for 10/3 session), 11/3 (For 11/7 session), 1/5 (for 1/9 session)

### Cake Decorating Class

Fee: \$40/4 weeks (Material fee: \$20)

Have fun and build confidence in our mini cake decorating class. Learn how easy cake decorating can be and go home with a decorated cake! Different themes each week. Parents are not allowed in the room during class. Only instructor & students! Please note any food allergies! Please bring an apron!

**INSTRUCTOR:** Yummy Future Staff

**BEGINS:** 10/3, 11/7, 1/9  
(No class 1/16)

AGE	DAYS	TIME	LOCATION
5-13	Mon.	4:00-5:00 p.m.	Simms Park

### Lil Sprouts Preschool Cooking Class

Fee: \$40/4 weeks (Material fee: \$20)

Don't think your toddler can cook? Think again! We've got fun, age appropriate classes bursting with hands-on activities, healthy concept learning through games, and of course, empowering your little ones to create their own special healthy snacks. Classes are theme-based. Parents are not allowed in the room during class. Only instructor & students! Please note any food allergies! Come hungry! Please bring an apron.



**INSTRUCTOR:** Yummy Future Staff

**BEGINS:** 10/3, 11/7, 1/9  
(No class 1/16)

AGE	DAYS	TIME	LOCATION
2-5	Mon.	5:15-6:15 p.m.	Simms Park

### 8 Hour Core Cooking Class

Fee: \$80/4 weeks (Material fee: \$40)

This is our signature program. Your child will learn how to make healthy snacks, breakfasts, lunches, and dinners for him/herself. This is a great core program for any child who is looking to help out with a family meal or build confidence in the kitchen. Parents are not allowed in the room during class. Only instructor & students! Please note any food allergies! Come hungry! Please bring an apron and 1 set of measuring cups. Optional Purchase: Workbook w/DVD - \$25, Cooking Kit - \$65. Please email instructor (ayummyfuture@gmail.com) prior to class start to assure items are available for the start of class.

**INSTRUCTOR:** Yummy Future Staff

**BEGINS:** 10/3, 11/7, 1/9  
(No class 1/16)

AGE	DAYS	TIME	LOCATION
5-13	Mon.	6:30-8:30 p.m.	Simms Park



# HOLLYWOOD SPORTS PARK

## EXCURSION

### SPLATMASTER PAINTBALL SOFT GAME (Ages 7-14)

Utilizing .50 caliber paintballs and the popular Splatmaster paintball markers, younger players (as young as 7 years old) can enjoy a day of 6 diverse mission-based games and tactical training. From Hogan's Alley, Center Flag, Domination, and many more. Splatmaster adventure is the perfect choice for players that are looking for a safe exhilarating rush of paintball and the mission based tactics of their favorite video game. Children will be divided into age groups, 7-10 and 11-14.

**Saturday, October 22, 2016**

**10:00 a.m. - 1:00 p.m.**

**Fee: \$20** (Includes admission, gun rental, mask rental and 10 paintballs per game.)

**Registration/refund deadline:  
Thursday, October 13, 2016**

Registration is accepted at John S. Simms Park, 16614 S. Clark Avenue. (562) 866-7510. All registration is accepted on a first-come, first-served basis only. Walk-in registration only, no telephone or online registration will be accepted. Space is limited, so register early! Completed release form along with full payment are due at the time of registration. Fees are subject to change and are refundable if trip is cancelled by the Department of Parks and Recreation. No refund will be issued on excursions cancelled by the participant after the stated deadline date. All excursions will depart from and return to John S. Simms Park. Check-in time is 30 minutes prior to the listed departure time.



# YOUTH, TEEN & TOT PROGRAMS

## Karate for Kids

Fee: \$50/6 weeks

Help your child develop better coordination and motor skills, self-discipline, and respect for others, while engaging in brain boosting activities, which provide a great foundation for a healthy life. Children have fun with basic techniques, exercise, and games associated with karate.

**INSTRUCTOR:** Shihan Gilliland & Staff **BEGINS:** 9/19, 11/7, 1/4  
(No class 1/2, 1/16)

AGE	DAYS	TIME	LOCATION
4-6	M/W	5:15-6:00 p.m.	Simms Park

## Karate

Fee: \$50/6 weeks

Karate provides an excellent physical and mental workout; increasing coordination and flexibility. Our well-rounded curriculum incorporates kickboxing, grappling, katas and weaponry. Come experience strength and confidence boosting fun classes with something for every member of the family!

**INSTRUCTOR:** Shihan Gilliland & Staff **BEGINS:** 9/19, 11/7, 1/4  
(No class 1/2, 1/16)

AGE	DAYS	TIME	LOCATION
7-9	M/W	6:00-6:45 p.m.	Simms Park
10-Adult	M/W	6:45-7:45 p.m.	Simms Park

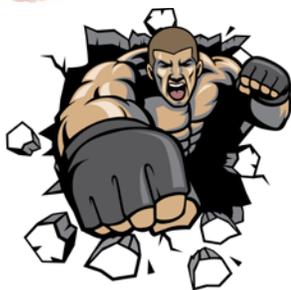
## Mixed Martial Arts

Fee: \$50/6 weeks

Experience the exciting world of MMA in a class that will prepare you for all situations in sport and self-defense. Our MMA classes offer effective training that melds together the best in stand up and ground fighting, with expert instructors in judo, jujitsu, kickboxing, and karate. Come try it out!

**INSTRUCTOR:** Shihan Gilliland & Staff **BEGINS:** 9/19, 11/7, 1/4 (No class 1/2, 1/16)

AGE	DAYS	TIME	LOCATION
8-Adult	M/W	7:45-8:45 p.m.	Simms Park



## Youth Basketball Training

Fee: \$45/5 weeks

Youth basketball training will teach kids the fundamentals of basketball, teamwork, spirit of competition, and most importantly, sportsmanship. Self-confidence, ball control, coordination and fitness level will greatly improve over the course of instruction. If your goal is to improve for that next level, or just have fun, this class is for you!

**INSTRUCTOR:** P&R Staff **BEGINS:** 11/15, 1/10

AGE	DAYS	TIME	LOCATION
5-9	Tues.	5:45-7:00 p.m.	Simms Park



## Ice Skating

Fee: \$45/4 weeks

Beginning ice skating made easy and fun! Includes skate rental and open skating from 2:45 to 4:00 p.m. for the Thursday classes, 7:00 to 7:30 p.m. for the Wednesday class, and 10:45 to 11:15 a.m. for the Saturday classes. Learn to skate across the ice forward and backward, glide on one foot and complete a simple jump and spin. Dress warmly in layers and be sure to bring mittens or gloves. Check-in at least 30 minutes prior to class time. Class instruction is 30 minutes and is taught by a qualified instructor at The Rinks Lakewood Ice, 3975 Pixie Avenue, Lakewood (Carson and Paramount).

**INSTRUCTOR:** The Rinks Staff  
**BEGINS:** 9/21, 9/22, 9/24 · 10/19, 10/20, 10/22  
11/16, 11/17, 11/19\* · 1/4, 1/5, 1/7  
\*(No class 11/23, 11/24, 11/26)

AGE	DAYS	TIME	LOCATION
3-6	Thurs.	4:00-4:30 p.m.	The Rinks
7-14	Thurs.	4:30-5:00 p.m.	The Rinks
3-6	Wed.	6:00-6:30 p.m.	The Rinks
7-14	Wed.	6:30-7:00 p.m.	The Rinks
3-6	Sat.	10:15-10:45 a.m.	The Rinks
7-14	Sat.	11:15-11:45 a.m.	The Rinks

## Indoor Youth Volleyball

Fee: \$55/5 weeks

This class is geared toward the beginner level player who is interested in learning the basic fundamental skills of volleyball.

**INSTRUCTOR:** Barbara Norbut **BEGINS:** 9/25, 11/13  
(No class 10/9, 10/16, 11/27)

AGE	DAYS	TIME	LOCATION
9-15	Sun.	1:00-3:00 p.m.	Thompson Park

CARUTHERS PARK

# SKATE PARK



Helmet (fastened), knee & elbow pads required. Skateboards, in-lines & rollerskates only; NO bikes/scooters. Under 14 w/ adult. Unsupervised - skate at your own risk.

OPEN DAILY FROM DAWN TO DUSK

10500 E. FLORA VISTA STREET (next to the river bed)

# YOUTH, TEEN & TOT PROGRAMS



WHERE KIDS SING • DANCE • PLAY IN SPANISH

## Amigos

Fee: \$75/6 weeks (\$30 material fee)

¡Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games and role play, and art. Visit our website for complete class descriptions: [www.BamboleoKids.com](http://www.BamboleoKids.com). \$30 material fee. Cash material fee covers in class art projects, three books, and an audio CD. Parent participation is optional.

**INSTRUCTOR:** Araceli Leal **BEGINS:** 10/11, 1/10

AGE	DAYS	TIME	LOCATION
4-6	Tues.	1:00-2:00 p.m.	Simms Park

## Amiguitos

Fee: \$75/6 weeks (\$30 material fee)

¡Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games and role play, and art. Visit our website for complete class descriptions: [www.BamboleoKids.com](http://www.BamboleoKids.com). \$30 material fee. Cash material fee covers in class art projects, three books, and an audio CD. Parent participation and attendance is required during class.

**INSTRUCTOR:** Araceli Leal **BEGINS:** 10/11, 1/10

AGE	DAYS	TIME	LOCATION
2-4	Tues.	11:00 a.m.-12:00 p.m.	Simms Park

## Tennis by West Coast Tennis Services (WCTS)

6 Week Classes

Owned and operated by Kevin Garrett, a USPTA Level 1 certified tennis instructor that coaches both boys and girls high school tennis, has won a Division I CIF title, and has received numerous coaching awards; including coach of the year awards from the LA Times and the OC Register. All instructors used by WCTS are USPTA certified, most having played either professional or collegiate tennis.

Beginning students learn the basic strokes, grips, and footwork of tennis. Intermediate students continue stroke development and also cover strategy and court positioning. Please bring a racket and athletic shoes. If you do not have a racket, please let the instructor know in advance and they will provide one for you. Tennis balls provided.

**BEGINS:** 9/17, 11/5, 1/7 **LOCATION:** Caruthers Park

AGE	DAYS	TIME	LEVEL	FEE
4-6	Sat.	9:15-10:00 a.m.	Pee Wee	\$50
7-15	Sat.	10:00-11:00 a.m.	Beginners	\$60
All Ages	Sat.	11:00 a.m.-Noon	Intermediate	\$60

## Hip Hop/Jazz Class

Fee: \$45/4 Weeks

KTA dance will specialize in teaching the students beginning and intermediate jazz and hip hop moves. Students will learn fun and exciting dance routines to current and old school hip hop and pop music. Dance students will learn basic ballet, jazz and stretch moves for warmups every class. Please make sure to bring water to class. No dance experience is necessary!



**INSTRUCTOR:** Aniyah Williams **BEGINS:** 10/6, 11/3, 1/5

AGE	DAYS	TIME	LOCATION
5-13	Thurs.	4:45-5:45 p.m.	Simms Park

## Beginning to Advanced Guitar

Fee: \$100/10 weeks

Want to learn how to play guitar? Learn proper beginning guitar techniques using finger-picking style. Learn to read and play standard guitar music notation. Learn basic meters and rhythms. Soon you will be playing beautiful music or rocking out in class for family and friends! Bring your own acoustic guitar. Registration will not be accepted after the second week of class instruction.



**INSTRUCTOR:** Chris Rogers **BEGINS:** 9/25 (No class 11/27)

AGE	LEVEL	DAYS	TIME	LOCATION
8-12	Intermediate	Sun.	11:00-11:45 a.m.	Caruthers Park
13-up	Intermediate	Sun.	12:00-12:45 p.m.	Caruthers Park
8-12	Beginner	Sun.	1:00-1:45 p.m.	Caruthers Park
13-up	Beginner	Sun.	2:00-2:45 p.m.	Caruthers Park

## New WunderKeys

Fee: \$72/4 Weeks

WunderKeys is a unique and very engaging piano program. A preschooler will start with no prior piano or music experience and finish being able to play simple pieces with both hands. Fun and enjoyable activities are included. Each class is limited to 5 students only.

**INSTRUCTOR:** Regina Golovina **BEGINS:** 10/7, 11/4, 1/6  
(No class 11/11 & 11/25)

AGE	DAYS	TIME	LOCATION
3-4	Fri.	10:00-10:45 a.m.	Simms Park
3-4	Fri.	11:45 a.m.-12:30 p.m.	Simms Park
4.5-5	Fri.	10:50-11:35 a.m.	Simms Park
4.5-5	Fri.	12:35 p.m.-1:20 p.m.	Simms Park



## Dance & Tumbling for Tots

Fee: \$60/6 weeks

Students learn basic tumbling skills, simple dance steps, songs, and body coordination. Tumbling exercises taught include somersaults, snakes, balance beam, jump ropes, skipping, crab walk and spider walk.

**INSTRUCTOR:** Webby Dance Co. **BEGINS:** 9/24, 12/3  
(No class 10/15, 12/24, 12/31)

AGE	DAYS	TIME	LOCATION
3-5	Sat.	10:45-11:30 a.m.	Thompson Park

# YOUTH, TEEN & TOT PROGRAMS

## KIDZ LOVE SOCCER



### Kidz Love Soccer

6 weeks/ \$69

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Shin guards are required after the first meeting.

*Kidz Love Soccer... "Where the score is always FUN to FUN!"*

**INSTRUCTOR:** Kidz Love Soccer

**BEGINS:** 9/19 at Caruthers Park (CP), 11/7 at Simms Park (SP)

CLASS	AGE	DAYS	TIME	LOCATION
Soccer 2	7-10	Mon.	3:30-4:15 p.m.	9/19 (CP) or 11/7 (SP)
Soccer 1	5-6	Mon.	4:15-5:00 p.m.	9/19 (CP) or 11/7 (SP)
Tot/Pre-Soccer	3.5-5	Mon.	5:00-5:35 p.m.	9/19 (CP) or 11/7 (SP)
Mommy/Daddy & Me Soccer**	2-3.5	Mon.	5:45-6:15 p.m.	9/19 (CP) or 11/7 (SP)

\*\*Parent attendance and participation is required for *Mommy/Daddy & Me Soccer* class.  
For questionable weather, call the Kidz Love Soccer class status hotline at 1 (888) 372-5803

## Children's HOLIDAY PARTY



- Crafts
- Holiday Activities
- Refreshments
- and Much More!

Saturday, December 10, 2016  
10:30 a.m. - 1:00 p.m.



This event will take place at John S. Simms Park • 16614 S. Clark Ave. • (562) 866-7510

## BELLFLOWER YOUTH SPORTS ORGANIZATIONS

### Bellflower Youth Football (Ages 5-13)

Gary Morrow, President • (562) 746-6585  
[www.bellflowerfootball.com](http://www.bellflowerfootball.com)

### Greater Bellflower Little League (Ages 4-16)

Steve Baker, President • (562) 529-2334  
[www.greaterbellflowerlittleleague.com](http://www.greaterbellflowerlittleleague.com)

*These individuals are volunteers, please call weekdays after 5:00 p.m., but no later than 9:00 p.m. Check league websites for more information.*